

COURSE OVERVIEW

GRADE SEVEN

1. Social Interactions
2. Puberty
3. Skin Care and Hygiene
4. The Importance of Sleep
5. Personal Strengths and Weaknesses
6. Personal Work Habits
7. Personal Study Habits
8. Bullying
9. Tobacco
10. Alcohol
11. Drugs
12. Depression and Suicide
13. Anger
14. Anxiety
15. Self Control
16. HIV/AIDS
17. Developing Resistance Skills
18. Gangs and Cliques
19. Dating
20. Abstinence
21. Problem Solving and Mediation
22. Saying No
23. Being Part of a Family

GRADE EIGHT

GRADE NINE

1. The Alcoholic Family
2. FAS and FAE
3. Binge Drinking
4. Rape
5. Abuse
6. Incest
7. Sexual Harassment
8. Depression and Suicide
9. Coping Skills
10. Unhealthy Relationships
11. Steroids and Other Drugs
12. Nutrition and Dieting
13. Eating Disorders
14. Breast and Testicular Cancer
15. Birth Control vs. Abstinence
16. HIV/AIDS
17. Developing a Personal Plan for Safety

GRADE TEN

1. Marriage
2. Compatibility
3. Compromising Skills
4. Life Planning
5. Career Exploration
6. Stalking and Harassment
7. Parenting Skills
8. Infant Care
9. Your Responsibilities to Your Family
10. Real Love vs. Infatuation
11. Sexual Con Games
12. Perceptions and How They Can Influence Our Beliefs and Behaviors
13. Alcohol and Consequences
14. School Violence
15. Coping Skills
16. Assessing Your Food Intake and Nutritional Standards
17. CPR
18. Personal Learning Styles
19. Organ Donations
20. HIV/AIDS Updates

**SKILLS FOR ADOLESCENCE
45 DAY LESSON PLANS
GRADE 7 - HEALTH**

- DAY #1 - Course Syllabus
Discipline Plan
Class Rules and Expectations
High - Low Questions Game
- DAY #2 - Puberty Quiz
Read "Unit One" - Pages 15 - 23
"A Time of Change" Crossword Puzzle
- DAY #3 - Interview a Partner – Practicing Social Skills
Introduce Your Partner to Class
- DAY #4 - Watch "Clear Confidence"
Getting Under Your Skin
Taking Care of the Skin You're In
- DAY #5 - Am I Sleep Deprived?
The Sleep Myth Quiz
Watch "Sleep" – 17 minutes
What Causes Sleep Loss?
- DAY #6 - Gifts You Give – How We Influence Others
Strength and Skills Inventory
Study Habits Checklist
Work Habits Inventory
- DAY #7 - Jar Activity for Bullying
Power Point on Bullying
Name Bullying Behaviors
20 Things to Do Instead of Hurting Someone
- DAY #8 - 12 Tips for Making & Keeping Friends
What Should You Do If You Are Being Bullied?
Are You a Bully?
Reasons Why People Bully
- DAY #9 - Avoid the Nicotine Trap
What's in Tobacco Smoke?
Watching Money Go Up in Smoke
- DAY #10 - Watch "Big Dipper"
Smokeless Tobacco and Other Fads
Smokeless Tobacco Pamphlet
- DAY #11 - Watch "Second Hand Smoke" Movie
Second Hand Smoke Pamphlet
- DAY #12 - Work on Poster
Smoking Crossword Puzzle

- DAY #13 - Tobacco Explorer in Computer Lab
- DAY #14 - Alcohol Information Sheet
Alcohol, Truth & Consequences
BAC & You
Binge Drinking Dangers
- DAY #15- Questions Students Often Ask
F.A.S. Movie
FAS/FAE Crossword Puzzle
Make a Change Crossword Puzzle
- DAY #16 - Watch "The Broken Cord"
- DAY #17 - Watch "The Broken Cord"
- DAY #18 - Drug Addiction is a Disease
How Much Do You Know About Addiction?
Drug Abuse Affects Decision Making
Hooked Crossword Puzzle
- DAY #19 - Get Smart About Drugs
Pgs. 2, 3, 4, 5, 8, 9, 16, 17, 26, 27
Pgs. 28, 29, 30, 31, 32, 33
- DAY #20 - Drug Research
- DAY #21 - Inhalant Skit
Watch "Inhalant Movie"
Inhalant Handout
- DAY #22 - Depression and Suicide
- DAY #23 - Hear Me Cry Movie
- DAY #24 - Drug Plays
- DAY #25 - Anger: It Can Be Frightening
Self Control Activity
- DAY #26 - Dissolving Anger
Assault and Battery
More Than Words
- DAY #27 - Inner Circle
I Statement
- DAY #28 - Handling Bothersome Qualities
Scenarios # 1, # 2, # 3, # 4, and # 5
- DAY #29 - How to Decrease your Anxiety
Mr. Answers Letters # 1, # 2, # 3, # 4,
Mr. Answers Letters # 5, # 6, # 7, # 8
- DAY #30 - HIV/AIDS Booklet
- DAY #31 - Watch "An Enemy Among Us"
- DAY #32 - More Than a Lipstick – Developing Resistance Skills
Feeling the Heat – Developing Resistance Skills
What's Brewing – Developing Resistance Skills

- DAY #33 - Dye-ing From Gunfire – What are Potential Weapons?
Foul Shot – Safety Procedures Around Weapons
Clouded Vision – Safety Procedure Around Weapons
Ganging Up – Consequences of Belonging to a Gang
- DAY #34 - Overflowing Anger – Sources of Hidden Anger
Protective Shell – Protecting Yourself Against Violence
- DAY #35 - Rape and Dating Violence
- DAY #36 - Watch “No Means No”
- DAY #37 - What Kind of a Sibling are you?
What Kind of a Daughter/Son are You?
Rating Your Family Relationships
- DAY #38 - What Guys Want in a Relationship
What Gals Want in a Relationship
Friendship and Dating
- DAY #39 - Dating Questionnaire
Questions to Ask Yourself
Break Ups
How To End a Relationship
- DAY #40 - Abstaining - Make a Sound Choice
Goals and Character
Consequences of Sexual Activity
- DAY #41 - Abstaining - Make a Sound Choice
Discussion Questions
- DAY #42 - Meditation Situations
- DAY #43 - Watch “Decision Making”
Saying No - Easy or Hard?
Ways to Say No
- DAY #44 - It’s Your Responsibility
Practice Making Decisions
- DAY #45 - Peer Facilitators Visit

45 Day Lesson Plan Grade Nine

ALCOHOL, CO-ALCOHOL AND F.A.S.

- Day #1 - Syllabus - Alcoholic family
- Day #2 - Movie - "Maggie's Secret"
- Day #3 - First 1/3 of lecture and notes
- Day #4 - Second 1/3 of lecture and notes
- Day #5 - Last 1/3 of lecture and notes - mylatin experiment
- Day #6 - Movie on F.A.S. - Group completion of "Why Students Drink"
Review for test with flash cards
- Day #7 - Unit test

RAPE, ABUSE AND INCEST

- Day #8 - Lecture on Abuse - Cycle of abuse demonstration
- Day #9 - Movie - "But He Loves Me"
- Day #10 - Lecture on Rape
- Day #11 - Movie - "Date Rape"
- Day #12 - Lecture on Incest
- Day #13 - Movie - "Something About Emilia"
- Day #14 - Laws That Govern Teenagers
Review for test
- Day #15 - Unit test
Signs of a Troubled Relationship Activity
- Day #16 - Role Play for Ending a Relationship
Role Play for Helping Someone in an Abusive relationship
Role Play for Advocate Helping

SUICIDE AND TEENAGE DEPRESSION

- Day #17 - Self Evaluation on Depression
Lecture on suicide and depression
- Day #18 - Movie - "Silence Of The Heart"
- Day #19 - Developing Coping Skills
- Day #20 - Unit Test

STEROIDS

- Day #21 - Movie - "Know the Score"
- Day #22 - Open Book Test on Steroids
- Day #23 - The Truth about Muscle Enhancing Drugs

NUTRITION AND EATING DISORDERS

- Day #24 - Activity Sheets #8, #7, #9, #3
- Day #25 - Label Finger Counting
Discuss "Fast Food" handout
- Day #26 - Fast Food Activity'
Self evaluation on Eating Habits
First 1/3 lecture on eating disorders

- Day #25 - Movie - "20/20 Eating Disorders"
- Day #26 - Last 2/3 lecture on eating disorders
- Day #27 - Movie - "Killing Me Softly"
- Complete worksheet on Women in Advertising
- Review for test

Day #28 - Unit test

DRUGS

- Day #29 - Amotivational Syndrome
- Marijuana notes
- Day #30 - Club Drugs and Designer Drugs
- Day #31 - Ecstasy notes
- Complete worksheet
- Day #32 - Inhalant notes
- Complete worksheet
- Day #33 - Methamphetamine notes
- Movie - "Tweaked"

HUMAN SEXUALITY

- Day #34 - Movie - Testicular cancer and breast cancer
- Complete testicular worksheet and Toxic Shock worksheet
- Day #35 - Male body parts
- Female body parts
- Day #36 - Developing a Personal Plan to Keep You Safe
- Day #37 - Birth control notes
- Day #38 - Movie - "Just Wait"
- The Princess's First Kiss
- Masking Tape demo
- Day #39 - STD notes
- Day #40 - First 1/3 of HIV/AIDS lecture
- Day #41 - Second 1/3 of HIV/AIDS lecture
- Epidemic Demonstration
- Stop light activity
- Day #42 - Finish last 1/3 of HIV/AIDS lecture
- Day #43 - Movie - "Waiting"
- Movie - "Sex, Lies and the Truth"
- Day #44 - How Crowded Is Your Bed? Activity
- "U", "A", "C" Activity
- Loss Activity
- Peer Pressure Relay
- Review for HIV/AIDS test
- Day #45 - Unit test on HIV/AIDS
- Class evaluation

SKILLS FOR LIVING
GRADE TEN
45 DAY HEALTH CURRICULUM

- DAY #1 - SYLLABUS
CAREER BOOKLET TESTING
- DAY #2 - MARKETABILITY SHEET
MATE-O-MATIC FORM
WORK HISTORY INVENTORY
WHAT DOES THIS JOB OFFER?
LIFE SPAN PLANNING
- DAY #3 - APPLICATION
TIPS ON GETTING THAT JOB YOU WANT
INTERVIEW QUESTION SHEET
- DAY #4 - BABY VIDEO
READINESS QUIZ
MATCHING INTERVIEW TERMS
- DAY #5 - GET INTO COUPLES
CHOOSE JOBS
COUPLE INFORMATION SHEET
- DAY #6 - PURCHASE ITEMS
PARTY DATE
JANUARY
- DAY #7 - GATES CITY SAVINGS
FEBRUARY
- DAY #8 - SOCIAL CALENDAR
MARCH
APRIL
- DAY #9 - ROLES OF RESPONSIBILITIES
MAY
JUNE
- DAY #10 - INVITATION
JULY
AUGUST
- DAY #11 - SPOUSAL DECISIONS
PARENTAL DECISIONS
SEPTEMBER
OCTOBER

DAY #12 - CHECKS AND DEPOSITS
NOVEMBER
DECEMBER

DAY #13 - COMPUTER LAB - INTEREST WORKSHEET

DAY #14 - CHAPTER SEVEN - YOU AND THE PERSON YOU MARRY
CHAPTER SIX - PARENTING
ARE YOU READY TO BE A PARENT WORKSHEET
SIBLING SELF EVALUATION
SON/DAUGHTER SELF EVALUATION

DAY #15 - FEEDING AN INFANT
INFANT EQUIPMENT

DAY #16 - F.A.S.
PHYSICAL AND MENTAL DEVELOPMENT
S.I.D.S.

DAY #17 - SHAKEN BABY SYNDROME
COMMON INFANT ILLNESSES AND CONDITIONS

DAY #18 - ASSESSING YOUR RELATIONSHIP
THE REAL LOVE TEST

DAY #19 - LOVE VS. INFATUATION
WHAT I WANT IN A RELATIONSHIP - COMPATIBILITY
101 WAYS TO MAKE LOVE WITHOUT DOING IT
101 WAYS TO SAY NO TO SEX
101 WAYS TO BE ABSTINENT

DAY #20 - SEXUAL CON GAMES

DAY #21 - PERCEPTION ACTIVITY - YRBS

DAY #22 - EFFECTS AND RISKS OF BAC LEVELS
SELF EVALUATION OF USAGE
STATE OF DEPENDENCY
THE MORNING AFTER

DAY #23 - MOVIE - KEVIN TUNNEL STORY
DRINKING GOGGLES

DAY #24 - SCHOOL VOILENCE

DAY #25 - COPING SKILL

DAY #26 - STRESS

DAY #27 - RELAXATION

DAY #28 - SUPER SIZE ME

DAY #29 - FOOD PYRAMID RECORDING COMPUTER PROGRAM

DAY #30 - READ DROWNING ANNA OR SEND NO BLESSINGS

DAY #31 - BOOK QUIZ #1`
HAVE A HEART TEST

FIRST 1/3 NOTES ON CPR
HEM LICK MANEUVER - CONSCIENCE ADULT, INFANT
DAY #32 - BOOK QUIZ #2
SECOND 1/3 NOTES ON CPR
OBESITY AND/OR PREGNANT PERSON AND SELF
DO THE "PASS IT ON" ACTIVITY
DAY #33 - BOOK QUIZ #3
LAST 1/3 NOTES ON CPR
DAY #34 - BOOK QUIZ #4
MOVIE - CPR
DAY #35 - BOOK QUIZ #5
TEST ON ADULT C.P.R.
DAY #36 - BOOK QUIZ #6
TEST ON ADULT C.P.R.
DAY #37 - BOOK QUIZ #7
TEST ON INFANT C.P.R.
OBSTRUCTED AIRWAY TESTING
DAY #38 - BOOK QUIZ #8
AED TESTING
FINISH CPR TESTING
DAY #39 - SAMPLE CPR TEST
HEALTHY HEART REVIEW GAME
DAY #40 - HEALTHY HEART WRITTEN TEST AND C.P.R.
CERTIFICATION TEST
DAY #41 - HIV UPDATES
DAY #42 - HEALTHY COPING SKILLS
DAY #43 - HEALTHY COPING SKILLS
DAY #44 - PERSONALITY TESTING
DAY #45 - MOVIE - ORGAN DONATIONS
CLASS EVALUTATION